

# HOLIDAY MODE

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

60 seconds rest between exercises

**EASY**



**24** reverse lunges

**3 sets** | 30 seconds rest



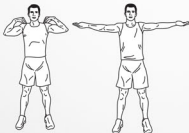
**12** knee-to-elbow

**3 sets** | 30 seconds rest



**12** calf raises

**3 sets** | 30 seconds rest



**24** side shoulder taps

**3 sets** | 60 seconds rest



**24** bicep extensions

**3 sets** | 60 seconds rest